

HEALTH CONSULTATION 2020

Introduction

Schools are required to consult with the parent community regularly when determining what is important for the students of our school regarding the Health and Physical Education Curriculum; under Section 60B of the Education Act 1989 (as amended in 2001).

In health and physical education, the focus is on the well-being of the students themselves, of other people, and of society through learning in health-related and movement contexts.

Four underlying and interdependent concepts are at the heart of this learning area:

Hauora – a Māori philosophy of well-being that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others.

Attitudes and values – a positive, responsible attitude on the part of students to their own well-being; respect, care, and concern for other people and the environment; and a sense of social justice.

The socio-ecological perspective – a way of viewing and understanding the interrelationships that exist between the individual, others, and society.

Health promotion – a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective action.

The P.E and Health Curriculum has seven key areas of learning. These are listed below with key points and recommendations made as we move forward.

Overview

75 whanau replied to our Health Consultation survey compared with 80 two years ago and 2 two years before that.

The largest response was from Year 1 with 20%, followed closely by Year 2 with 17%. The lowest response was from our Year 8s with 3%. The question did ask, “Your youngest is in Year?”

The seven key areas were:

Food and Nutrition

Key points:

- Subway (most see it as a positive, however mention of free cookie as disappointing). This is the deal Subway provides with their deal. Maybe a note on the envelope saying “No Free Cookie, please”?
- Kids more likely to eat/enjoy fruit/veg at school
- School garden seen as a great initiative.
- Parents would like school to provide more education around eating healthy

Suggestion(s) moving forward:

- Education around food groups/healthy eating
- Cooking in classrooms
- Meal planning

Physical Activity

Key points:

- 71% found it **very** important.
- Keep doing what we’re doing. Move m prove, basketball, swimming
- TEAM sports - developing interpersonal skills
- Pro external providers

Suggestion(s) moving forward:

- Promoting swimming across the school
- More team sport

Body Care and Physical Safety

Key points:

- 77.3% response was very important
- Majority response is we are doing great as a school community

Suggestion(s) moving forward:

- Incorporate Body care and physical safety into everyday conversations
- A broad subject to approach. Have a "focus" topic of the week or term for students to explore and learn more about.
- Envisage individual value as a core subject in our school - there is an abundance of research and results in and around when a child knows who they are, what their value is and where they are from they thrive in all aspects of life. I believe if we can incorporate this somehow or extend on this somehow in our students daily learning we will see great outcomes.

Mental Health

Key points:

- Overwhelmingly seen as Very Important
- Positive feedback about what is currently being done with Life Education
- More relevant in this current climate with situations such as Covid, Social Media, peer pressure and levels of anxiety increasing

Suggestion(s) moving forward:

- Make Mental Health as important and as much of a focus as we put on Physical Health
- Communication. A focus on how to communicate to our kids that Mental Health is important...how our kids can communicate about their feelings at school and at home...and that talking about thoughts, feelings and our mental/emotional state is ok.

Sports

Key points:

- Having whole school events is a great way to bring community together (Cross-Country & Athletics)
- Sharing and celebrating the success of others within sport
- Huge range of sports that are offered at and after school

Suggestion(s) moving forward:

- Continue to promote all sports including individual sport

Outdoor Education

Key points:

- Nearly 60% see this area as Very Important. Over 90% Important/Very Important
- Good learning experience, learning and seeing
- More day trip activities, enjoying what the outdoors have to offer
- Year 7/8 camp is a huge positive experience. Excitement about this coming up for their child

Suggestion(s) moving forward:

- More day adventures, getting out and about

Sexuality

Key points:

- More than 90% of parents/ family thought this was an important / very important topic - especially as the kids get older which along with the basics should include social awareness and understanding consent.
- Generally parents are happy with what they know of Harold and life Education

Suggestion(s) moving forward:

- Parents would like to see more of the content taught to the kids prior and during the time it's taught - so they can align teaching at home as well as any questions it might raise.

Questions for You

Key points:

- What makes a healthy person - Strong sense of self- happy, connected, lives a healthy life - eats well, exercise, sleep
- Balanced approach to life

Suggestion(s) moving forward:

- Mostly, keep doing what we are doing
- Connections - Kids having time to connect/communicate emotionally with us. A forum/time given to mentally checking in with the teacher, or someone for children

Health Consultation Statement for the Postgate School Community

The Board thank you for your time and energy in helping us with our Health Consultation.

It was fantastic to see so many of our Postgate families engaged and providing feedback and support to enable us to deliver the best possible environment for our children. POSTGATE PRIDE!

There was great feedback, with an overall theme that Postgate is doing many things very well and to continue to keep doing the great work that we are doing. We were happy to see many people speaking about Postgate PRIDE; our school values system. Postgate School knows and understands that all-round health and academics are both very important; that to be an all-rounded successful student, you need a healthy balance.

There are many areas that make up the notion of being a healthy person and more of this is being landed with schools. However, as a community and whanau, we need to ensure we take responsibility for the healthy living of our children and our families. We all know the importance of eating healthy, caring for our body, and ensuring we get enough sleep. These skills must be passed on to our children through our actions at home.

As a school, we would like to do healthy living courses next year. Maybe you have the skills or expertise to pass onto families of Postgate. If this sounds like you please let us know. principal@postgate.school.nz

All the information collected during the consultation period will be passed onto Nicole Mitchell and the various Team Leaders

Thank you once again for your passion and energy towards our school.